

## Abstract

Provided are: an inhibitor of the formation of an advanced glycation end product (AGE) and aldose reductase for treating and preventing both various diseases relating to AGE formation, such as complications related to diabetes and various diseases relating to aldose reductase inhibition; pharmaceutical preparations, compositions, and food and drink that contain these active ingredients; and pharmaceutical preparations and foods prepared by blending compositions containing anthocyanin, because such anthocyanin obtained through condensation or extraction from raw plant materials or the like is useful as an inhibitor of AGE formation and aldose reductase.